



## October 2- Blessing – More Than Mere Words

This is the eve of Rosh Hashanah, our Jewish cousin's New Year and the beginning of their High Holy Days, 10 Days of Awe; days that include blessings, deep reflection, atonement, and forgiveness. Let us honour and learn.

Presenter: Rev Debra Faulk

Service Leader: Mary Anna Louise Kovar

Music: Jane Perry, Music Director

## October 23-Choosing to Bless the World

*"Your gifts—whatever you discover them to be— can be used to bless or to curse the world. The mind's power, the strength of the hands, the reaches of the heart, the gift of speaking, listening, imagining, seeing, waiting any of these can serve to feed the hungry, bind up wounds, welcome the stranger, praise what is sacred, do the work of justice, or offer love. Any of these can draw down the prison door, hoard bread, abandon the poor, obscure what is holy, comply with injustice, or withhold love. You must answer this question: What will you do with your gifts? Choose to bless the world."*

This morning's service uses this quote from Rev Rebecca Anne Parker for inspiration.

Presenter: Rev Debra Faulk

Service Leader: Lynn Nugent

Music: Jane Perry and UUphonia

## October 9-Thanksgiving: The Blessing Holiday

An annual holiday dedicated to gratitude, harvest and often connected to the early settlers relationship with the First Nations people they met on arrival to this land.

Presenter: Rev Debra Faulk

Service Leader: Pam Rickey

Music: Jane Perry and UUphonia

## October 16- Blessing The Animals Service

In this service we will honour our beloved furry, flying, finny and scaly friends. You are invited to bring your beloved pets to the service, or if not able to do so, bring a picture of your pet. If you have lost a beloved pet over the past year, please bring a picture so we may remember them as part of the service.

Your pet must be on a leash, in a cage (bird), portable kennel, fish bowl; or a portable kennel.\* If you have any questions, please email Brian Dorscht at [bdorscht@gmail.com](mailto:bdorscht@gmail.com).

Service Leaders: Lay Chaplains: Bev Webber & Carl Svaboda

Service Coordinator: Brian Dorscht

Music: Leslie Buckle, piano

## October 30- The Veil Is Thin – Spirit Jam

Spirit Jam service offer a multigenerational alternative format, perfect for this day closest to Samhain/Halloween. Costumes are welcome and there will be a parade.

Service Leader: Shannon Mang, Director of Religious Exploration

Music: Jane Perry

**\*We will have clean-up supplies available, but we ask that if your pet becomes over-excited that you look after the clean up.**

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Unitarian Church of Calgary  
1703 1st Street, NW T2M 4P4

[www.unitarianscalgary.org](http://www.unitarianscalgary.org)

**Debra's Deliberations**

I find my thoughts returning to a brief interlude I experienced on the beach this summer. Every day I walked the length of the beach multiple times noticing the changes in tide and light. Every walk is an adventure and even though I walked the same beach a hundred times, every occasion is different.



The moment that keeps coming to mind was one of those walks, not too many people on the beach and the tide was out quite far, not as extreme as it can be yet it was a low tide. From a distance I noticed a young boy perhaps seven or eight skim-boarding at the water's edge. It made me smile for I remember my son doing the same thing at that age and can imagine his sons doing the same ... these were the thoughts and feeling in me as I approached the young boy, smiling.

Then I noticed that he had stopped skimming and was looking intently at something on the beach. When I was close enough to see what had caught his attention, there was a beautiful orange starfish, upside down and out of the water. The myriad little 'tube feet' used for locomotion were moving. We both stood there looking at the starfish and I said to him finally "Do you think we could rescue it". He looked at me and nodded and I suggested he dig his skim board into the sand beside it and I would flip the starfish onto the board. This accomplished we walk the starfish into the water.

We looked at each other smiled and then he was off. It was one of those amazing rare moments of connection that required no words. It was a shared effort to ease suffering that had resulted, to the best of our knowledge, in a saved life. While others had merely passed by we chose to do something. It was a small effort yet it is one of my poignant summer memories. Perhaps it was for that young boy too.

How many situations are presented to us every day to connect, to ease suffering, to just notice ... I find myself paying greater attention and the opportunities are there. In little ways and sometimes big ways we can reach out beyond ourselves to offer connection and solace, sometimes it only takes a smile, always it takes attention. I now name it looking for starfish opportunities – starfish moments.

Namaste, Debra

**Sisters In Spirit Vigil**

Honouring Missing and Murdered Aboriginal Women

Tuesday October 4<sup>th</sup>

11:30 March from Stephen Av Mall

Noon Ceremony at Olympic Plaza

Request for new or gently used shoes – the goal is 1200 pairs, a pair for each missing woman, that will be used to create a Medicine Wheel at the vigil. Please bring by Oct. 2<sup>nd</sup>. There is a box in Barker Room.

**Debra's New Hours**

Office Hours:

Wednesday 10am – 8p.m.

Thursday: 9a.m. – 5p.m.

(Drop-in tea with the minister 2:00-3:00)

Other times please book an appointment.



## Shavings from the Board

As we start the new church year, it's worthwhile to look back on 2015-16 and reflect on what we accomplished. Everyone in the congregation will have their own perspective, and I know the committee chairs will be preparing their own reviews to include in the Annual Report.

From my point of view, I am happy to say 2015-16 was a very successful year. We held inspiring services and enjoyable community events, we welcomed several new members, we had an invigorating sabbatical ministry with Rev. Carly Gaylor, and we welcomed Rev. Debra Faulk back after her rejuvenating time away.

On the financial front, we conducted two successful stewardship campaigns (great thanks to the Stewardship team!) and we actually eked out a small

surplus for the fiscal year! This was due to generous support from our members, improved rental income, under budget expenditures by Physical Plant and lower natural gas costs.

Further information will be available for the Stewardship meeting on November 6th.

In the near future, we will be welcoming two refugee families (thank you to the Refugee Support Committee for all their good work), holding an event to honour Dr Lotta Hitchmanova, and working on ways to improve the way the congregation operates.

I look forward to seeing you around the church, and hope your church year is fulfilling and exciting.

-John "Mich" Michell, President of the Board of Trustees



## October 2016 Kudos!

This month we recognize and thank:

Sarah Hooper, Donna Antonio, Libby Kasner, Rebekah Mobley-Kasner, Ben Bradt, Kenzie Love and Shannon DRE who painted the youth room. Great job!

Hedda Zahner cleaned the office kitchen and fridge, a daunting task!

Gratitude to Ron Staughton for his many years of crafting our calligraphy name tags. Thanks to Jeb Gaudet for taking on this task.

Thank you to UUpHonia's music librarians Judy Osborne and Sheila Ward for administrative and organizational help in getting sheet music all ready for the choristers for the new singing year.

Eric Leavitt and friends worked this summer to improve the ambiance of the church. Special mention for the finishing of the Wickenden wall with the AV connections.

Appreciation for the work undertaken by Bob Pond, Ottmar Hoch, Dick Wilson, Jeff Webber, and others on Physical Plant team on the Wickenden garden stairs.

Thanks to Wendy Benson for her many hours of work on the Adult Religious Education Brochure.

Penney Kome – kudos for coordinating UCC's presence in the Pride Parade – Bob Pond, Libby, Mariedke, Dave and Solea for peddling and everyone else who marched along!



Donna Antonio for being Summer Service coordinator.

And last, but definitely not least, to Barbara Lane for coordinating the Kudos column every month and for always making the deadline.

## Well Done, All!



This is just a sampling of the many people who contribute in numerous ways to our community. When you catch someone in the act of kindness and service please share the info by emailing [Kudos@unitarianscalgary.org](mailto:Kudos@unitarianscalgary.org).

## ♪ UpBeat News with Jane Perry ♪

### Upbeat Notes

In October, our choral programme ramps things up a notch, and Charlie Chaplin takes over Wickenden Hall for an evening. Read on for more information! Questions or comments: Music Director Jane Perry at [jane@unitarianscalgary.org](mailto:jane@unitarianscalgary.org)



### Choir news!

**UUphonia** got off to a roaring start in September. We continue to invite new members to join us— just show up in Panabaker Hall on a Thursday at 7:30pm and we'll give you a warm welcome!

The **Multigenerational Choir** will hold its first of three rehearsals on Sunday, October 30. Our focus for this round is the rich tradition of African-American spirituals. Although we usually rehearse before the morning service, on this particular Sunday we will hold our rehearsal as one of the activities in that morning's Spirit Jam — and everyone is welcome to join us! If you've never been to a Spirit Jam, (a) it's a ton of fun, and (b) you can read all about it on the service description page of the October Quest!

The Multigenerational Choir is an all-ages ensemble for singers of every ability level. In this choir, we sing in unison or simple two-part harmony, which makes it a great ensemble for adults who have never sung in a choir before and for families who are looking for an activity for parents and kids to do together. We laugh a lot in this choir — prepare to have a good time! After the October 30 Spirit Jam Sunday, our subsequent rehearsals will be on November 6 and November 13 from 9:30am to 10:00am in Panabaker Hall. We'll sing in the morning service on November 13.

### Upcoming concerts at our church!



#### **Silent Movie Night. Friday, October 21, 2016 at 7:30pm in Wickenden Hall.**

Come and enjoy the classic 1936 Charlie Chaplin silent film "Modern Times", with live accompaniment by pianist Jane Perry and sound-effects man Dave Bradt. Lemonade and popcorn will be available to keep you fueled through the movie! Wear your best Charlie Chaplin threads and participate in our Look-Alike contest (there is a prize to be won!) When we ran our first Silent Movie Night two years ago, we had a sold-out audience, so make sure to get your tickets in advance. Tickets: \$10 general admission. Free for those age 17 and under.

Advance tickets will be available starting on Sunday October 2 from both our Sunday-coffee-hour ticket table in Wickenden Hall and online through [www.brownpapertickets.com](http://www.brownpapertickets.com). Child care will be available during the event; please contact DRE Shannon Mang to reserve a place for your child.

**Choral Concert. Saturday, November 26, 2016 at 7:30pm in Panabaker Hall.** UUphonia, ChorVida and guest instrumentalists perform their annual winter concert, this year on the theme of "Belonging."



# Religious Exploration Program

Welcome to several new households who are joining the Children and Youth Religious Exploration program and welcome back to all of the familiar faces.

From September to November the children's Sunday program will be following a Tapestry of Faith Unitarian Universalist curriculum called **Miracles**. The sessions take a broad look at miracles and help children discern what is miraculous through observation, scientific enquiry, justice making and creative imagination. We are looking for adult science geeks, activists and poets who would like to come and join our leadership team and share your passion with the children. Contact Shannon if you are interested.

**We have a refreshed Youth Room!** On a Tuesday night and a Sunday morning in early September youth and adults had a painting bee!

Before....



After.....



**A Big, Big Thank you to the Physical Plant** people who helped make our building a bit more family friendly this summer with the installation of a Koala Kare diaper change unit in the bathroom at the bottom of the stairs. This will replace the change table in the Nursery creating a bit more room for the littlest of our charges to play.



**Would you like to support the CYRE program?** We need volunteers to help in the Nursery, Youth room, Pre-School-Kindergarten group, Grade 1-3 and 4-6 group, and we need someone who would love to make our bulletin boards beautiful. Speak with Shannon DRE to help out!!

Shannon Mang, Director of Religious Exploration  
[dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)

## An Invitation from the Membership Committee

### CUU\*rious Coffee & Conversation

Most people who find their way to a Unitarian Universalist (UU\*) community come with curiosity – some with theological questions, some with doubts about religion in general, some because an Internet quiz said they were UU, some wondering why they never heard of us before and all longing for a sense of connection and community. These dialogue sessions will provide some information and be shaped by the curiosities expressed.

Hosted by the Membership Committee and Rev Debra Faulk.

**Next date :** Oct. 2<sup>nd</sup>

Pick up your coffee and join us at **12 noon** in the minister's office.

### Introduction to Unitarian Universalism

Have questions about our faith and history? Come to an interactive workshop and explore your aspirations for spiritual growth and opportunity for community connection and social justice opportunities. Choosing a new church community that “fits” you and your family is a very important decision. Will the Unitarian Church of Calgary meet the needs of you and your family?

**Next date:** Saturday, October 22, 2016 from 9:30 a.m. to 12:30 p.m., including lunch

Child care available - just let us know when you register.

Please register at <http://unitarianscalgary.org/adults/registration/>

Contact person: Leslie Buckle at [membership@ucalgary.org](mailto:membership@ucalgary.org)

## Blessing The Animals Service

Service Leaders: Lay Chaplains: Bev Webber and Carl Svoboda

Service Coordinator: Brian Dorscht

In this service we will honour our beloved furry, flying, finny and scaly friends. You are invited to bring your beloved pets to the service, or if not able to do so, bring a picture of your pet. If you have lost a beloved pet over the past year, please bring a picture so we may remember them as part of the service.

Your pet must be on a leash, in a cage (bird), portable kennel, fish bowl; or a portable kennel.

We will have clean-up accessories available, but we would ask that if your pet becomes over-excited that you look after the cleanup. If you have any questions, please email Brian Dorscht at [bdorscht@gmail.com](mailto:bdorscht@gmail.com).



..join us in blessing them!

Bring your pet (or a photo of your pet) to  
A Blessing of the Animals



## Stewardship Meeting Annoucement

The annual congregational business (stewardship) meeting will be held November 6, 2016 at noon, during which we will review the annual reports and financial statements. Please plan to attend.



The team leaders will be compiling lists for the various functions. You'll be getting a call from one or more of the team leaders to welcome you to that team and encourage you to sign up for duties. There are other smaller areas that will need volunteers to fill them, like caring cards, laundry, etc. These will be filled as needed on Sunday mornings. If you have any questions, please call or email one of the team leaders. You can find our email addresses on the SWEET area of the website: [www.unitarianscalgary.org](http://www.unitarianscalgary.org)

## Refugee Update: They're Here!

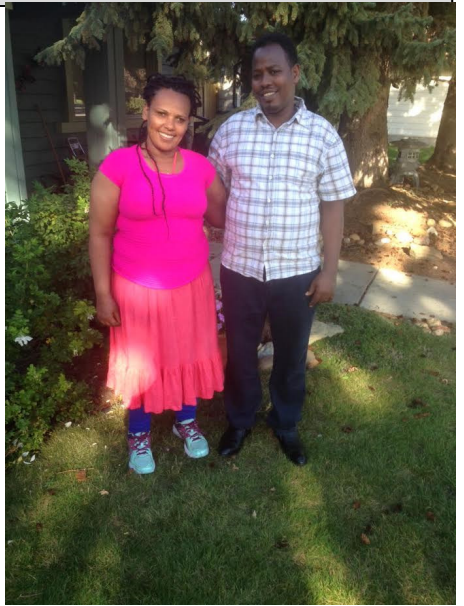
On Thursday evening, September 15, 16 Unitarians and our interpreter, Solomon Bassore, gathered at the airport to welcome Desalegnn Serka Moja and Workenesh Alemayew Sahle to Calgary. They arrived safely, (although their luggage was a day late) after two days in transit from Nairobi, Kenya.

Ethiopia is a country of nearly 100 million people and over 80 ethnic groups. We don't know too much yet about the couple, but we do know that Desalegnn comes from Dilla, in the south part of the country and Workenesh from Gonder, in the north. Their first language is Amharic, the official language of Ethiopia. Both speak a little English. For the past eleven years, they have been living in Kenya.

For the first couple of weeks, the couple will be staying with Marsha Haug and Eric Leavitt. During this time, members of the Refugee Sponsorship Committee will work with them on various settlement tasks, such as finding permanent housing, obtaining health insurance, SIN cards and bank accounts, going for a language assessment and referral to language classes, and generally learning about how things are done in Canada and particularly in Calgary.

Marsha reports that Desalegnn and Workenesh love nature, and are thrilled to see all the greenery and all the water we have in Calgary (like the Bow River and Fish Creek). Imagine what they'll think of the mountains when they see them! They are also impressed by all the new cars, and the orderly traffic system.

The Refugee Sponsorship Committee will be leading the church service on November 6, which will be focus on Ethiopia and the refugee experience. We also plan to have a potluck supper at the church (date not yet fixed) to introduce them to the congregation.



## Moving with Spirit: Sacred Circle Dances and Dances of Universal Peace with Ronnie Joy Leah

Sunday afternoons, 2-4 pm, Wickenden Hall

Dates: October 2, October 30 and November 27

Everyone welcome, regardless of ability or experience! Drop in Registration, Free will offerings accepted.

All are invited to join the circle and dance, to celebrate the spirit within all of us, to experience the joy of connecting with music and movement. Dances will be taught by Ronnie Joy Leah, an experienced dance leader who has shared dances with us at UCC. The dances will deepen our understanding of themes explored in Sunday Services and Reflections. They create sacred space for peace, healing and community celebration – with our bodies, voices and spirits.

Ronnie Joy is an educator, activist and workshop facilitator. She has a Doctorate in Education, is a university lecturer and a Certified Expressive Arts Practitioner. Ronnie Joy is a teacher of Sacred Circle Dance and she is being mentored in the Dances of Universal Peace.



## OCTOBER 23rd HITSCHMANOVA EVENT

Please join us on Sunday October 23rd at 2:30pm (**note time change**) for an event in conjunction with the Mark Mosher DeWolfe lecture, to be presented as a nation-wide webcast by the Unitarian Universalist Historical Society at 3:00pm. The webcast will feature several panelists speaking about renowned humanitarian Lotta Hitschmanova, founder of the world aid organization the Unitarian Service Committee of Canada (USC), with an opportunity for questions and answers from the audience. The presentation will be preceded by refreshments and reflections from Helen Backhouse who knew Ms. Hitschmanova, and information about USC. If you require child care, please contact Helen at [403-287-1232](tel:403-287-1232) by Wednesday October 19th at the latest.

Loretta Biasutti, Helen Backhouse, Jim Bowman and Frances Schaink, History and Archives Committee



## Annual Fruit Cake Fundraiser

### Cakes are Selling Out Fast - Reserve Your Cakes Now!

**Even though it is only October, it's time to start thinking about your fruit cake order. Some of you left it too late last year and we were sold out when you came to order one of our famous fruit cakes.** Everyone who ordered last year has been given priority ordering in September, so don't delay. Our tradition of a fruit cake fundraiser was started by Mary Smyth almost 40 years ago and was continued for many years by Mary Jane Hussey.

**To avoid disappointment,** order your cakes soon by emailing [jane.ebbern@gmail.com](mailto:jane.ebbern@gmail.com) or calling 403-283-7162. Reserve your cakes and then come by our booth after the service on October 30th and Nov 6th to pay. Like last year, all cakes must be paid for prior to the November 13th start of pick-up.

We again offer four fabulous choices:

**Mary Smyth Dark Fruit Cake** - raisins, dates, giffs, currants, candied fruit, walnuts

**Mary Smyth Light Fruit Cake** - candied fruit, golden raisins and almonds

**Mary Jane's Millennium Fruit Cake**- apricots, cranberries, figs, apples, pecans

**Mary Jane's Chocolate Fruit Cake** - Bing cherries, dates, figs, milk chocolate



The price will be the same as last year at \$35.00 per cake and all proceeds from this fund raising project contribute significantly to our church budget. No cakes contain any alcohol. And every cake comes attractively gift-wrapped and weighs just under 1 kilo!

**Do tell your friends about these delectable cakes.** Please encourage them to purchase for personal use or for gifts.

~Jane Ebbern



## What Does It Mean To Be A People of Blessing

A Soul Matters facilitator writes, "I guess after plan A fails, I need to remember there's a whole alphabet."

It's not just our friend who needs help remembering that "there's a whole alphabet" out there; it's all of us. We all get stuck in wanting things a certain way. We all, at times, focus so intently on the few things going wrong that we completely miss the dozens of things that are going right. Tunnel vision too often takes over our days.

For our Unitarian Universalist faith, this is the central tragedy of the human condition. We respect those who frame our problem as sin and tainted souls, but it's nearsightedness that our religion is most worried about. For us "a life of blessing" is less about securing eternal reward or forgiveness; it's more about widening our view.

And there's a lot at stake when it comes to this wider view. When the world seems stingy to us, we are stingy to others. Those who feel blessed have little trouble sharing blessings with others. Our tradition takes this calculus seriously. As UU minister, Rev. Don Wheat, puts it "The religious person is a grateful person, and the grateful person is the generous person."

So this month the question in front of all of us is not simply "Do you notice the blessings all around you?" It's also, "How are the blessings in your life leading you to bless others?" There is indeed a whole alphabet out there.

May we notice it, and help each other do the same.



## Our Spiritual Exercises

Option A: #soulblessings

Rev. Claire Feingold Thoryn writes: "If you go online to sites like Instagram or Twitter and search for the hashtag *"blessed"* (hashtag is sort of like adding a keyword to something), [you'll see] people, especially celebrities, will post something that is essentially bragging and add #blessed to attempt to make the post sound humble. Celebrity photos of the red carpet, huge diamond rings, champagne, and extravagant travel, all are apparently signs that the recipient is #blessed.

Lots of people use the hashtag in a mocking or ironic way, like the person who tweeted: Caught a piece of bacon falling out of my sandwich right before it hit the ground. #blessed It's funny, but all these #blessed blessings suck all the real energy and power from the concept of feeling blessed—of soul-deep gratitude. Real honest gratitude is never smug or braggy. A blessing is richer than wealth and tastier than bacon.

Additionally, those social media posts on Instagram and Twitter only show a self-curated image. #blessed is a manic, "Jazz hands!" kind of happiness. Everyone is smiling and has great hair. A #blessed life apparently never includes pain or loss, or even mild discord or inconvenience. But of course we know that kind of life is impossible. I think a truly blessed life comes from: living with integrity; loving your work, most of the time; loving the people around you, most of the time; and loving yourself, most of the time."

So this month let's right the ship! Let's honour those blessings that are richer than wealth and tastier than bacon, and that are true gifts, *most of the time*. Here are three options to participate in this communal spiritual exercise:

If you are on Twitter: tweet moments of true blessing using the hashtag #soulblessings.

If you do Instagram: post pictures of the #soulblessings you see in the world around you (and be sure to tag your picture).

If you use Facebook (yes, hashtags work on Facebook too!), you're invited to post pictures or tell a story of #soulblessings both on your own personal page as well as on our group Soul Matters Facebook page.

Do it throughout the month, even daily if that feels like a good discipline for you. The point is for us to experience #soulblessings together. Come to your group ready to share what it was like to engage the practice of regularly posting and regularly receiving posts from others.



## Option B: Honor Your Also-True Story...with Art

Rev. Gretchen Haley writes: *"Each week in worship [in some way], I recognize and honor our "tangled blessing," that is, the way that life tends to arrive not distinctly as joy, or grief, but rather all mixed up. So often people tell me about the ways that in the midst of their cancer treatments, they knew love and community better than they'd ever known their whole life. Or, how their love for their new baby is mixed with grief for their loved one who has died and won't be able to meet that child.*

*In my own life, I know this truth all too well: my children are adopted from foster care, which means that one mother's worst day became another mother's – that is, my – best day. ... I think that somehow, amazingly, the greatest blessing can come in the midst of the most terrible loss. It doesn't justify the pain or make it ok. It simply makes joy also possible, love also possible. And sometimes our task is simply to be awake and with a grateful heart to see the also-true story of the good in the midst of this grief – the blessing in the midst of suffering."*

This month you are invited to honor your own "tangled blessing" or "also-true story" with art. Take time this month to revisit and meditate on your tangled blessing and then find a way to represent what it gave or taught you through some form of artistic expression: capture it in a poem, write it up as a series of journal entries or a letter to your future self, create a painting, pull together a photo gallery on your computer. The goal is to move this experience from memory to embodiment, so you have something more tangible to remind yourself of it in the days ahead.

## Option C: Don't Just Look at It—Taste It!

Psychologist and author Rick Hanson, writes, "Scientists believe that your brain has a built-in 'negativity bias.' In other words, as we evolved over millions of years, dodging sticks and chasing carrots, it was a lot more important to notice, react to, and remember sticks than it was for carrots. That's because – in the tough environments in which our ancestors lived – if they missed out on a carrot, they usually had a shot at another one later on. But if they failed to avoid a stick – a predator, a natural hazard, or aggression from others of their species – WHAM, no more chances to pass on their genes." This is bad news when it comes to noticing and holding on to the blessings of our lives. For instance, it often takes five good experiences to make up for a single negative one. Or as Hanson points out, "In effect, the brain is like Velcro for negative experiences, but Teflon for positive ones."

Fortunately, we are also equipped with the simplest but most effective antidote: attention. Truth is, blessings abound. And all it takes is 20-30 seconds of attention to and attunement with a blessing for it to sink in.

**So this month, start up a new relationship with your blessings. Don't just notice them; notice them longer.** Or as Hanson puts it, "It's like sitting down to a meal: don't just look at it—taste it!" You can do this in all sorts of ways: consciously pause and focus your attention, eat slower, look longer, keep a journal and jot down what happened, when and how it made you feel. It's as simple as just not letting yourself get distracted and rushing on to the next urgent thing.

Come to your group ready to share how this practice of intentionally holding on longer altered your days and recalibrated that balance between our negativity bias and the blessings trying to sink in.

## Option D: Reach 100

*"Jewish tradition gives us a goal: We should say one hundred blessings each day. When we try it, we discover that it's quite difficult to find one hundred things each day for which to be thankful. So difficult, in fact, that we spend most of our time looking." (Dannel I. Schwartz and Mark Hass)*

Here's more information on this practice of finding 100 Blessings each day:

[http://www.chabad.org/library/article\\_cdo/aid/987904/jewish/How-Many-Blessings-does-a-Jew-Say-Each-Day.htm](http://www.chabad.org/library/article_cdo/aid/987904/jewish/How-Many-Blessings-does-a-Jew-Say-Each-Day.htm)

[http://www.aish.com/sp/pg/100\\_Blessings.html](http://www.aish.com/sp/pg/100_Blessings.html)

But if we're looking for 100 blessings each day, how would we have room in our day to do anything else?! The response of rabbis is "How could you possibly make it through a day without it?"

So, try it. See if you can make it to 100. Then try it again the next day. Then again. And after that see if you want to stop.





## Option E: Pay It Forward

Many of us are likely familiar with the idea of “paying it forward” rather than simply “paying it back.” To pay someone back for a blessing or gift accomplishes little more than evening the score. The concept of paying it forward changes everything. Suddenly the blessings in our life are sources of abundance rather than sources of debt. This spiritual exercise invites you to tap into these sources of abundance.

The key is to identify blessings that can and should be spread beyond the circumference of your personal experience. It may be a favorite trail in the woods that you share with a friend. If doing art feeds you personally, take a child under your wing and stimulate their love of color and light the same way someone once did for you. Maybe you’ve been helped through tough times and learned a lot because of it. If that’s the case, then who in your life is going through tough times now and needs the blessing of being able to talk to someone who has “been through it before”? The options are endless. We can pass on and pay forward wisdom, wealth, support, passion and even the love of simple things—like gardening, skiing or music.

The point is to get so in touch with the way you’ve been blessed that you can’t help but want to spread that blessing around.

\*\*\*\*\*

### **Your Question:**

*As always, don’t treat these questions like “homework.” Instead, simply pick the one that “hooks” you most and let it lead you where you need to go. The goal of these questions is not to help you analyze what blessing means, but to figure out what being a person of blessing means for you today. So, which question is calling to you?*

1. **Do you believe you are a blessing?** We talk a lot about giving and receiving blessings. It’s another thing entirely to believe that we are a blessing. This has nothing to do with hubris. It’s about owning your uniqueness. Our Christian friends say that we’ve already earned grace without having to do a thing. We UU’s prefer to talk about inherent worth. But we agree that all the proving, striving, achieving and competing to earn acceptance is a waste of time and a drain on the soul. Does this task of accepting yourself as a blessing come easy for you? Or are you still a bit too hard on yourself and imagine it as something you still have to earn?
2. **Has age helped or hurt? At what age were you best at noticing the blessings around you?** Have you gotten better as time has gone on? Or worse? What would improve your gaze?
3. **Have you paid them forward?** Many of us are likely familiar with the idea of “paying it forward” rather than simply “paying it back.” To pay someone back for a blessing or gift accomplishes little more than evening the score. The concept of paying it forward changes everything. Suddenly the blessings are sources of abundance rather than sources of debt.
4. **Do your words bless others?** One of our facilitators writes, “My Mom often told us to consider our words before offering an opinion. Her mantra was: “Are your words kind and helpful? If both adjectives do not apply, keep the thought to yourself!” Are there any words that have fallen from your lips lately that you need to go back and turn into a blessing?
5. **Are your high expectations blinding you to the blessing?** What if your standard for blessing was:
  - ◆ living with integrity, most of the time
  - ◆ loving your work, most of the time;
  - ◆ loving the people around you, most of the time;
  - ◆ loving yourself, most of the time.

In short, how would your life look different if you added that one simple phrase to all your assessments:  
“...most of the time”?



- 6. Do you taste it?** How do you take in the simple yet precious gift of food. Yes, literal food. Forget the metaphor of “nourishment.” When was the last time you just enjoyed that apple? That cup of coffee? That holiness of warm butter on freshly baked bread? Why do we let this blessing slip pass us?
- 7. Have you given thanks for your work?** Writing about the blessing of work, poet John O’Donohue writes, “May you see in what you do the beauty of your own soul.” This is not always the case. It isn’t always an option. But sometimes it is. Sometimes we have the power to pick work that reflects the beauty of our soul. Is that true for you? Do you want it to be?
- 8. Do you see neutrality where blessing should be?** Dr. Martin Luther King Jr. once wrote, “In the end, we will remember not the words of our enemies, but the silence of our friends.” Howard Zinn, renowned activist and professor, was fond of saying, “You can’t be neutral on a moving train.” We see it all the time – in others and in ourselves: people have the chance and the power to offer a blessing in the face of suffering, but they settle for passively instead. Often there are good reasons; we are not capable of taking on every injustice or saving every hurting individual that crosses our path. And yet...
- 9. What is “working” in your life?** Buddhist teachers encourage their students to pay attention to what is “working” in their lives. This is a unique take on noticing the blessings around us. So often we focus on what is broken or stuck in our lives. But the truth is, most things in our lives are working so well that we should be utterly amazed. So are you? Utterly amazed by what is working?

### **Recommended Resources:**

As always, this is not required reading. We will not analyze or dissect these pieces in our group. They are simply meant to get your thinking started, and maybe to open you to new ways of thinking about what it means to be “a people of blessing.”

## **Blessing**

**Definition:** a beneficial thing for which one is grateful; something that brings well-being; a person's sanction or support.

**Synonyms:** gift, good fortune, miracle, grace (*as in*, a prayer before meals), protection, favor, benediction

## **Wise Words**

We can only be said to be alive in those moments when our hearts are conscious of our treasures. – **Thornton Wilder**

To look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And then another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learn to be in love with my life again. – **Barbara Kingsolver**

It's hardest to love the ordinary things, she said, but you get lots of opportunities to practice. – **Brian Andreas**

### **Primary Wonder**

Days pass when I forget the mystery.

Problems insoluble and problems offering  
their own ignored solutions

jostle for my attention, they crowd its antechamber  
along with a host of diversions, my courtiers, wearing  
their colored clothes; caps and bells.

And then

once more the quiet mystery  
is present to me, the throng's clamor  
recedes: the mystery

that there is anything, anything at all,  
let alone cosmos, joy, memory, everything,  
rather than void: and that, O Lord,  
Creator, Hallowed one, You still,  
hour by hour sustain it.

– **Denise Levertov**

Blessing for the Senses (July 10, 2011)

*May your body be blessed.*

*May you realize that your body is a faithful  
and beautiful friend of your soul.*

*And may you be peaceful and joyful  
and recognize that your senses  
are sacred thresholds.*

*May you realize that holiness is  
mindful, gazing, feeling, hearing, and touching.  
May your senses gather you and bring you home.  
May your senses always enable you to  
celebrate the universe and the mystery  
and possibilities in your presence here.  
May the Eros of the Earth bless you.*

**John O'Donohue in Anam Cara**

Blessing of your work (September 13, 2011)

*May the light of your soul guide you.*

*May the light of your soul bless the work*

*You do with the secret love and warmth of your heart.*

*May you see in what you do the beauty of your own soul.*

*May the sacredness of your work bring healing, light and re-  
newal to those*

*Who work with you and to those who see and receive your  
work.*

*May your work never weary you.*

*May it release within you wellsprings of refreshment, inspira-  
tion and excitement.*

*May you be present in what you do.*

*May you never become lost in the bland absences.*

*May the day never burden you.*

*May dawn find you awake and alert, approaching your new  
day with dreams,*

*Possibilities and promises.*

*May evening find you gracious and fulfilled.*

*May you go into the night blessed, sheltered and protected.*

*May your soul calm, console and renew you.*

**John O'Donohue**

\*\*\*\*\*

The gesture of a gift is adequate.

If you have nothing: laurel leaf or bay,  
no flower, no seed, no apple gathered late,  
do not in desperation lay  
the beauty of your tears upon the clay.

No gift is proper to a Deity;  
no fruit is worthy for such power to bless.

If you have nothing, gather back your sigh,  
and with your hands held high, your heart held high,  
lift up your emptiness! – **Jessica Powers**

**Blessing that Meets You in Love**

[It] should be noted

that this blessing

has come today

especially to tell you

it is crazy about you.

That it has been

in love with you

forever.

That it has never

not wanted

to see your face,

to go through this world

in your company.

This blessing thought

it was high time

it told you so,

just to make sure

you know.

– **Jan Richardson** Read the full poem here: [http://  
paintedprayerbook.com/2016/01/25/blessing-that-meets-  
you-in-love/](http://paintedprayerbook.com/2016/01/25/blessing-that-meets-you-in-love/)

Perhaps I should have said it just between  
The wine and grace, the wishing and the blessing.  
That was a time for words, when the scene  
Had just begun, before we passed the dressing ...  
I might have paused, looked up and all around  
Into the eyes of each of them.  
A jest came easier, wit tossed into the sound  
And lost. Between the stuffing and the pie,  
Was yet another quiet moment when  
I could have told them all. Instead, I sighed,  
And let it pass. Just once before the end,  
I should have cried, "Listen, before you go,  
I love you. I just wanted you to know."

–**Peter LaForge**





"Despite all the darkness, human hope is based on the instinct that at the deepest level of reality some intimate kindness holds sway. This is the heart of blessing. To believe in blessing is to believe that our being here, our very presence in the world is the first gift; the primal blessing."

– John O'Donohue, from *To Bless the Space Between Us*

### Choose to Bless the World

Your gifts—whatever you discover them to be—  
can be used to bless or to curse the world.

The mind's power,  
the strength of the hands, the reaches of the heart,  
the gift of speaking, listening, imagining, seeing, waiting  
any of these can serve to feed the hungry,  
bind up wounds, welcome the stranger,  
praise what is sacred, do the work of justice, or offer love.  
Any of these can draw down the prison door,  
hoard bread, abandon the poor, obscure what is holy,  
comply with injustice, or withhold love.

You must answer this question:

What will you do with your gifts?

Choose to bless the world.

– Rebecca Ann Parker

### The Art of Blessing the Day

But the discipline of blessings is to taste  
each moment, the bitter, the sour, the sweet  
and the salty, and be glad for what does not  
hurt. The art is in compressing attention  
to each little and big blossom of the tree  
of life, to let the tongue sing each fruit,  
its savor, its aroma and its use.

– Marge Piercy

Read the full poem here: <https://www.randomhouse.com/knopf/authors/piercy/poem.html>

Got no check books, got no banks. Still I'd like to express my thanks – I got the sun in the morning and the moon at night.

– Irving Berlin

Sometimes silence is a blessing – my Mom often told us to consider our words before offering an opinion – "Are your words kind and helpful? If both adjectives do not apply, keep the thought to yourself!" –**Soul Matters facilitator**

The taste of food is not the result of my own effort. How wonderful is the miracle of taste! There is a mysterious interaction between the tongue, my nervous system and the quality of food itself. How this developed, I do not know; what the secret is, always escapes me. The taste of food floats the whole eating experience and gives to it a dimension of delight that joys the mind and gives to the whole being a sense of gentleness and benevolence. How can I say "Thank You" to God for food? By making the eating of food a blessed sacrament. By a self-conscious recognition of the source. By sharing my food with the hungry. By knowing that my food is a gift of which I am merely the trustee. –**Howard Thurman**

A father shares that his "greatest life accomplishment" was helping his son discover his love of skiing. After weeks of teaching his son the basics, his son was finally able to make it down the hill on his own. Halfway down, the father noticed that his son was singing. "I realized in that moment," said the father. "that I had helped my son find his song." There are people all around us who need help finding their song.

– Soul Matters Minister

Nourish beginnings, let us nourish beginnings.

Not all things are blessed,

but the seeds of all things are blessed.

The blessing is in the seed. – **Muriel Rukeyser**

To whom much has been given, much will be expected in return. – **Luke 12:48**





## Videos & Podcasts

### **"Difficulties Illuminate Existence"**

Rev. Gary Smith reads from his essay in *Landscapes of Aging and Spirituality*, and reminds all of us, regardless of age, about the hidden blessings in "the boulders of our lives."

<https://www.youtube.com/watch?v=FTGYfkBRwi8&feature=youtu.be>

**Nature Rx** A funny and clever video about the healing blessings of nature. <https://www.youtube.com/watch?v=Bf5TgVRGND4&t=14>

**"Take in the Good"** Rick Hanson at Chicago Ideas Week  
<https://www.youtube.com/watch?v=jA3EGx46r4Q>

## Articles & Online

### **How to Pack a Blessing Bag**

<http://www.thriftynorthwestmom.com/blessing-bags-assemble-bags-keep-hand-need/>

**The Blessing of Music: A Man in Nursing Home Hears Music from His Era**

<http://www.youtube.com/watch?v=fyZQf0p73QM>

**The Body's Grace: The Blessings of an Imperfect Body**

from *On Being* with Krista Tippett

<http://www.onbeing.org/program/bodys-grace-matthew-sanfords-story/185>

**We are going to die, and that makes us the lucky ones**

<http://www.youtube.com/watch?v=IOXMjCnKwb4>

**Take in the Good**

<http://www.rickhanson.net/take-in-the-good/>

## Songs

**"Thank You" by Alanis Morissette**

[https://www.youtube.com/watch?v=DDp6F\\_Baf5I](https://www.youtube.com/watch?v=DDp6F_Baf5I)

**"The Play" by Peter Mayer**

[https://www.youtube.com/watch?v=ADl\\_q5u9dIU](https://www.youtube.com/watch?v=ADl_q5u9dIU)

**"Everything is Holy Now" by Peter Mayer**

<http://www.youtube.com/watch?v=KiypaURysz4>

## Movies & Television

### ***Blessings: The Tsoknyi Nangchen Nuns of Tibet***

This compelling documentary "tells the story of 3000 nuns living in the remote nomadic region of Nangchen in Eastern Tibet who practice an ancient yogic tradition of Tibetan Buddhism. Despite near extinction during the destruction of the Cultural Revolution, these remarkable spiritual practitioners have emerged to rebuild their monasteries by hand - stone by stone. ... A unique meeting of East and West, ...an inspiration to anyone seeking a spiritual path through the challenges of 21st century life."

### ***Amelie***

"One woman decides to change the world by changing the lives of the people she knows in this charming and romantic comic fantasy."

### ***Babette's Feast***

## Books

### ***Blessing the World: What Can Save Us Now***

by Rebecca Ann Parker

***To Bless the Space Between Us: A Book of Blessings*** by John O'Donohue

***Learning To Fall: The Blessings Of An Imperfect Life*** by Philip Simmons

***My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging*** by Rachel Naomi Remen

***The Soul of Money: Reclaiming the Wealth of Our Inner Resources*** by Lynne Twist

***The Grace of Silence*** by Michelle Norris

***Gilead*** by Marilynne Robinson

This Reflections Packet is edited from the Soul Matters Sharing Circle, a resource used by close to 200 Unitarian Universalist congregations in Canada, US and Europe. The model was originally created by Reverends Scott Tayler and Kaaren Anderson, deep gratitude. <http://www.soulmatterssharingcircle.com/>

## Volunteer of October 2016: Greg O'Neill

Most of us have been lucky enough to have either heard or sung with this remarkable man! We are fortunate in our congregation to have folks who are active in National and International UU circles, and Greg has done as much as any member to promote and bring UCC to the attention of the wider UU world. He is a dedicated and focussed musician; his song *My Song is a Prayer* was written not long after Sept. 11th, 2001.

After Jane Perry wrote 4-part harmony and piano accompaniment for it, it was performed at the ACM in Calgary in 2013 with a mass choir that she conducted. Since then, UUphonia has performed it multiple times. (The lyrics and music are available on the church's website: <http://unitarianscalgary.org/wp-content/uploads/2013/08/My-Song-is-a-Prayer.Music.pdf>.)

This song has made its way to being performed in quite a few UU congregations, including some in the states of New Hampshire and New Jersey.

You'll often see Greg performing music at church services and other church events, such as the UCC Stampede Breakfast - including performing original songs, and accompanying others. As a member of TriUU, I can say that he is an intuitive accompanist, and a delight to sing with.

"In his work life, Greg has been committed to working for the development and success of co-operatives because of his belief in the co-operative values and principles such as democracy in the economy and solidarity. He spent many years working with Inuit and Dene co-operatives in the NWT and Nunavut. He is now semi-retired, working part-time at the Agency for Co-operative Housing and consulting with co-operatives in development. He lives at Prairie Sky Co-housing Co-operative."

Greg has volunteered in many ways in our church. "As a Junior Youth Advisor 8 years ago, he wrote the music to a song whose lyrics he led the youth group in writing, *Right as Rain*, about caring for the environment. *Right as Rain* was performed at the youth-led service that year, and was part of a video made by the youth group." I remember listening to Greg and the Youth perform this moving song, and it was clear that there was a solid connection between Greg and the young people in his group. Greg also served on the Ministerial Search Committee which brought Debra to us. That is where I got to know about him as a hard-working and task-oriented committee member, and, along with the others on this committee, a real joy to work with.

So when you see Greg this month, go on up and shake his hand; he's a valuable volunteer! -by Brandis Purcell

-Thanks to Hazel Corcoran for her insights.



### Co-op Gift Card Purchases

**Give to the church while buying groceries, gas or liquor at Co-op stores!**

The church receives 4% of gift card orders totaling less than \$5000, 6% when we have gift card orders that total \$5000 - \$9999 and 9% for orders \$10,000 or more. If you have not purchased a gift card before, here is how to do it:

By the first Sunday of the month, place a cheque payable to the Unitarian Church of Calgary in the Co-op card mail slot in the office. All cheques will be processed. The gift cards will be distributed on the second Sunday of the month. If you are unable to pick up your card on that day, you can collect it on the next Sunday.

Gift card orders - Sunday, October 2 - cheque placed in Co-op card mail box in the office.

**Gift card distribution - Sunday October 9**

**We welcome post-dated cheques !**

That's how easy it is! Any questions?

Contact:

**Ev Dewar:** [ev.dewar@kogawa.com](mailto:ev.dewar@kogawa.com)

**Sheila Ward:** [sggward@shaw.ca](mailto:sggward@shaw.ca)

**Frances Schaink:** [blue.sky@infovisi.com](mailto:blue.sky@infovisi.com)



## Job Jar: Not Empty Yet!

We could still use a little help from our UCC friends. If you have room for a small volunteer job in your world, please contact Rev Debra today!

**Second Sunday Suppers** - needs your support to continue. We still need Monthly set-up & clean-up captains (event + 1 hour before or after)

**AV Support** - interested in being part of the Sunday morning team that does the sound and video? Let you interest be know and there will be training in September.

**Sunday PowerPoints** - you too could be part of the team who create the PowerPoints (announcements, music etc) that are projected on Sunday mornings. Maybe once a month? (Approximately 2 hours from home).

## Second Sunday Suppers Are Back!!

Doors open at 4:30 and dinner at 5:00  
The amazing SSS chefs and kitchen team will once again be cooking up amazing meals! We need to support their efforts by signing up (and cancelling if necessary) by the Wednesday before so they know how many to plan for.

**October 10<sup>th</sup>** (note this is Thanksgiving Monday) Our amazing chefs and assistants will prepare a Thanksgiving dinner with all the fixin's and of course a vegetarian option. **Please be sure to sign up by Oct 6<sup>th</sup> for planning and purchasing.** Thank you Youseth for organizing the front of the house for this!

## "Green Rights" Movie Premiere

October 30, 7:00 pm, join us for the Calgary premiere of the movie, "Green Rights: The Human Right to a Healthy Planet." Eminent Canadian author and journalist Silver Donald Cameron traveled all over the world to collect stories about the remarkable impact of environmental rights on the lives of people in the countries where those rights are recognized. His new book, "Warrior Lawyers: From Manila to Manhattan, Attorneys for the Earth," profiles the legal activists who implement those rights. Canada doesn't have Green Rights yet. Come see what Green Rights look like.

## Theme-Based Ministry .... The Challenge to Go Deeper

Each month our Sunday services consider the focus of an over-arching topic/theme, such as integrity, compassion, or joy. The presenters approach each month's theme in a variety of ways, all with the intention of taking us deeper.

You hear about the theme on Sunday mornings and in the monthly **Reflections** section of the **Quest**. Everyone is invited to contribute readings, poetry, books, vignettes, movies ... about the Themes. (please send in by the 15<sup>th</sup> of the previous month). The other component of Theme Based Ministry are the small discussion groups, Theme-based Listening Circles (TLCs), that meet at various times and locations toward the end of each month to reflect together on the topic. Sign-up online anytime.

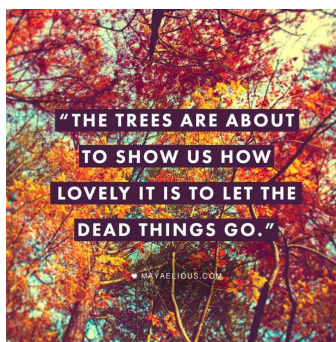
### Themes for October 2016 - May 2017

**October**  
**November**  
**December**


**Blessing**  
**Letting Go**  
**Expectation**

**January**  
**February**  
**March**  
**April**  
**May**

**Creation**  
**Love & Justice**  
**Simplicity**  
**Resistance**  
**Compassion**



# October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						109:00 AM-W-CYPT 01:00 PM-B-CRSP board meeting 06:30 PM-W/K-Contra dance
208:00 AM-P/W/K Worship Service 01:30 PM-W-Dancing with Spirit 06:00 PM-8-OWL class for grade 7-9	306:30 PM-W/K-Wild Rose Sangha 07:00 PM-P-OVC	410:00 AM-W-Horticultural Therapy 03:00 PM-B-Unison Festival board 06:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	511:00 AM-B-Staff meeting 05:00 PM-W-CYPT 07:00 PM-P-CRSP	604:30 PM-B-Church Services 07:00 PM-P-UUPhonia rehearsal	710:00 AM-1-Painting lessons	806:00 PM-1-CP w/ Amber
908:00 AM-P/W/K Worship Service 03:30 PM-W/K-2nd Sunday Supper	1012:00 PM-W/K-Thanksgiving Dinner 07:00 PM-P-OVC	1106:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears 07:00 PM-B-History & Archives mtg	1210:00 AM-W-Needlecraft 11:00 AM-B-Staff meeting 05:00 PM-W-CYPT 06:00 PM-B-Board meeting 07:00 PM-P-CRSP 07:00 PM-1-Raging Grannies 07:30 PM-4-AJC	1307:00 PM-P-UUPhonia rehearsal	1410:00 AM-1-Painting lessons	1509:00 AM-W-CYPT 06:00 PM-W-Fed. of Russian Cdns
1608:00 AM-P/W/K Worship Service 02:00 PM-W-Sacred Web Singers	1706:00 PM-1-Arthritis Support group 06:30 PM-W/K-Wild Rose Sangha 07:00 PM-P-OVC 07:00 PM-B-Green Sanctuary	1810:00 AM-W-Horticultural Therapy 06:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	1911:00 AM-B-Staff meeting 05:00 PM-W-CYPT 07:00 PM-P-CRSP	2007:00 PM-P-UUPhonia rehearsal	2110:00 AM-1-Painting lessons 05:00 PM-Bk/K/W-Silent Movie Night	2208:30 AM-P/B- Intro to UU 09:00 AM-W-CYPT 06:00 PM-B/W/K-Covenant of Gaia
2308:00 AM-P/W/K Worship Service 02:00 PM-? - Celebrating L. Hitsch 06:00 PM-8-OWL class for grade 7-9	2406:30 PM-W/K-Wild Rose Sangha 07:00 PM-P-OVC	2506:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	2610:00 AM-W-Needlecraft 11:00 AM-B-Staff meeting 05:00 PM-W-CYPT 06:00 PM-4-JMC 07:00 PM-P-CRSP 07:00 PM-1-Raging Grannies	2707:00 PM-P-UUPhonia rehearsal	2810:00 AM-1-Painting lessons 07:00 PM-Listening to Music	2909:00 AM-W-CYPT 06:00 PM-W/K-Celtic Folk Club
3008:00 AM-P/W/K Worship Service 12:00 PM-4-TLC with Ev Dewar 01:30 PM-W-Dancing with Spirit 06:00 PM-8-OWL class for grade 7-9 07:00 PM-W-Silver D. Cameron film	3106:30 PM-W/K-Wild Rose Sangha 07:00 PM-P-OVC					

## How to Reach UCC Staff

### Minister

Rev. Debra Faulk  
[debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)  
 403-230-8938 (office)  
 403 702-6486 (cell)

### Director of Religious Exploration / Youth Program Coordinator

Shannon Mang  
[dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)  
 403-230-4146

### Music Director

Jane Perry  
[music@unitarianscalgary.org](mailto:music@unitarianscalgary.org)

### Church Administrator

Martha Mantikoski  
[office@unitarianscalgary.org](mailto:office@unitarianscalgary.org)  
 403-276-2436  
 Monday -Wednesday & Friday  
 9am to Noon  
**Office closed Thursdays**



## Publishing the Quest

The UCC Quest is published 11 times per year by the Unitarian Church of Calgary. Electronic copies are available at [www.unitarianscalgary.org/newsletter/](http://www.unitarianscalgary.org/newsletter/). Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email, [quest@unitarianscalgary.org](mailto:quest@unitarianscalgary.org).

***The Quest Deadline is the 15th of every month except for October.***

### ENEWS

The ENEWS is normally published via email once a week on Wednesday. Material for the ENEWS must be submitted by Tuesday midnight. If you would like to receive the ENEWS, please email [enews@unitarianscalgary.org](mailto:enews@unitarianscalgary.org)

## Booking Rooms

As our Church gets busier it is important that if rooms are needed they are booked in advance. Space can be reserved either by filling out the online booking form found here <http://unitarianscalgary.org/calendar/#form> or by contacting the Church Administrator at 403-276-2436 or [office@unitarianscalgary.org](mailto:office@unitarianscalgary.org)

## Lay Chaplains: **Carl Svoboda** and **Beverly Webber**

Our Lay Chaplains are trained to perform rites of passage, such as weddings, funerals/memorial services, child dedications, etc. They are available to provide such services for a fee to the wider community. (Services for Unitarian Church of Calgary members are provided by the minister.) Our lay chaplain can be contacted by calling the church at 403-276-2436 or via email, [laychaplains@unitarianscalgary.org](mailto:laychaplains@unitarianscalgary.org).

## The Caring Team

The Caring Team provides support to the members, friends, and families of the congregation. If life has you stressed because of illness, hospitalization, moving, we can help. If you have something to be celebrated, such as a graduation, marriage or new child, we are there with you. We are all part of the Caring Team! Need support, have a concern, or want to be of service? Contact [caring@unitarianscalgary.org](mailto:caring@unitarianscalgary.org)

## Monthly Co-Op Card Fundraiser

Each month we will take Co-op Gift Card orders on the first Sunday. Bring cash or a cheque to church unless we already have your post-dated cheques. Cheques are payable to the Unitarian Church of Calgary. A table will be set up in Wickenden Hall place your order there before or after the service. The cards will be distributed following Sunday.

Please continue to support this valuable fund raiser for our church! Contact: Ev Dewar [ev.dewar@kogawa.com](mailto:ev.dewar@kogawa.com), Sheila Ward [sggward@shaw.ca](mailto:sggward@shaw.ca) or Frances Schaink [blue.sky@infovisi.com](mailto:blue.sky@infovisi.com)